Baby teeth must last 6-10 years.
• A child needs a “dental home.” Go twice a year or as advised by dentist.

Keep teeth healthy to chew, speak and save room for adult teeth.

• Lift the lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
• Ask about fluoride varnish and drops for child. Store out of child’s reach.
• Clean all sides of teeth gently twice a day. Use a child’s toothbrush and a dab of fluoride toothpaste. Wipe off excess toothpaste.
• Sharing toothbrushes, straws, spoons or cups spreads cavity germs. Do not chew food for child.
• Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

Parents: Stop the spread of cavity germs - take care of your own teeth:
✓ Brush in the morning and brush and floss before bedtime.
✓ Make a dental appointment for yourself.
✓ Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.

Feed healthy food at regular times with 3 meals and 2-3 small snacks.
• Child feeds self with spoon or baby fork.
• Serve small portions.
• Give family foods and soft finger foods such as meats, fish, eggs, cheese, or tofu.
• Give soft fruit or cooked vegetables at meals and snacks.
• Offer child new foods to try new tastes.
• Limit eating between meals.

Make family meals a happy time.
• Teach child to wash hands before meals.
• Eat together and show table manners.
• Your child learns from watching you.

Child uses a small cup for all drinks.
• Give ½ - ¾ cup cow’s milk or fortified milk alternative in a cup 3 to 4 times a day.
• Limit 100% fruit juice to ½ - ¾ cup a day.
• Do not give soda or other sweet drinks.

Some foods cause choking, do not give:
Round (hot dogs, grapes, popcorn), Pitted (cherries), Hard (candy, raw vegetables), Sticky (peanut butter)

Today’s Date: _______________________
Name: ____________________________
Age: ______________________________
Length: ________  Weight: ____________
Next Appointment:
Date: ___________ Time: ____________

Important phone numbers:
Police, fire, ambulance: Call 911
CA Poison Action Line: 1-800-222-1222
Keeping Child Healthy
- Take child for regular health checkups and immunizations (shots).
- Talk to doctor before giving child medicines or home remedies.
- Keep child’s hair, body, clothes, and bedding clean and dry.
- Keep child away from loud noises and music to protect hearing.
- Keep child away from tobacco smoke and products.
- Use sunscreen when outdoors.
- Wash your hands with soap and water after changing diapers.

Injury Prevention
- Never leave child alone or with a stranger or a pet.
- Never shake, toss, or swing child in the air.
- Remove string from sweatshirt hood.
- Keep electrical cords, pot handles and other hot things, out of child’s reach.
- Use childproof safety latches, locks on cabinets, outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Child can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons out of reach.
- Carry or hold child’s hand near cars.
- If biking with child, make sure child is buckled in and wears a helmet.

Child may:
- Walk alone, stoop, and stand up again
- Let you know his/her needs by ways other than crying
- Say mama and dada with correct meaning
- Understand more than he/she can say
- Pull off socks and try to unbutton buttons
- Point with index finger
- Poke with fingers.

Tips and Activities
- Use consistent, loving discipline. Say “no” firmly, when needed, and direct child to a new task.
- Never hit a child.
- Play with child. Talk, sing and read stories.
- Give simple toys that child can take apart and put back together.
- Build towers of blocks for child to knock down and set back up.
- Make a safe place for child to explore, play catch with a ball, and be curious.
- Watch child play, climb, and swing.
- Leave a key word out of a story or rhyme and let child fill in the word. For example, “Mary had a little ________.”
- Tell child before you change activities.
- No TV. TV is NOT a “babysitter.”

Bath and Water Safety
- Set water heater to less than 120˚F.
- Check water before putting child in bath.
- Never leave child alone in the bathtub, pool, near water or toilet. Pool/spa should be fenced with a self-latching gate.

Car Safety
- Check behind car before backing out.
- Never leave child alone in a car.
- Use a rear-facing car seat in the back seat until age 1 and at least 20 pounds. Never place baby in front of an airbag.

Safety Tips for Parents:
- Be prepared, plan for emergencies
- Learn child CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

Resources for Parents:
If you feel overwhelmed, sad or about to shake or harm your child, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)